



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

10 Big Reasons Not To Smoke While Pregnant!

By Rebecca Pugh

- Cigarettes contain 68,000 chemical that are harmful to you and your baby.
- Cyanide in cigarettes inhibits the babies ability to form protein which restricts brain and organ development and the formation of red blood cells.
- Carbon monoxide, yes that is what car exhaust is made of, prevents you and your baby from absorbing oxygen-the most vital source of life!
- Nicotine, the most addictive substance in a cigarette, constricts the maternal blood vessels which restricts blood flow to the baby, causing birth defects.
- Women who smoke are more likely to have high cholesterol, which damages the heart, and blood clots, which can block the flow of blood to vital organs and tissue.
- Smoking is associated with fetal and neonatal death, decreased fetal weight, increased risk of stillbirth and miscarriage.
- Smoking causes a number of changes in the development of the placenta making it less capable of transferring nutrients to the fetus.
- Babies born of mom's who smoke are often small-for-dates resulting in a number of complications...diminished intellectual and physical development, inability to maintain body heat and proper electrolyte balance.
- Babies born of moms who smoke are fussier and are less responsive to sounds.
- Smokers are more likely to experience placental problems such as placenta previa and abrupta and significant post-partum hemorrhage.



Don't forget that many of these risks apply when a pregnant woman is exposed to second hand smoke! So even if you do not smoke, ask your friends and family not to light up in your home or near you.

Please, if you can't do it for yourself, do it for your baby.